

Application for RASA YOGA Teacher Training Program 200-hour Certification Level

Please Type in your responses & submit to: info@jcyogi.com

PART I - PERSONAL INFORMATION:

* Name (First/Last):
* Known As or preferred Name:
* Address:
* Country:
* Nationality:
* Email:
* Facebook:
* Instagram:
* Birth Date:
* Gender:
* Home Phone:
* Mobile Phone:

**Emergency Contact details:**

* Name:
* Relationship:
* Country:
* Phone Number:

How did you first hear about RASA YOGA Teacher Training? (if google, what were your search words?)

PART II – QUESTIONS:

1. YOUR YOGA PRACTICE
2. How long have you been practicing yoga?
3. What style of yoga do you practice?
4. What teachers and/or styles have influenced you?
5. Why have you chosen to apply for this training above all others?
6. What’s most challenging for you about yoga?
7. What do you hope to achieve from completing this course?
8. QUESTIONS ABOUT YOU?
9. What’s your first language?
10. Do you have any physical or emotional health conditions that could affect your participation in the training? Such as a major life-changing event(s) in the last few years? i.e. a bereavement? a heavy break-up? an accident or trauma?
11. Provide a health overview, including your lifestyle and diet.
12. Any addictions? Bad habits?
13. Are you stressed or exhausted?
14. Do you exercise regularly?
15. Do you follow a restricted diet?
16. Do you sleep well?
17. Do you have any menstrual issues?
18. Have you had a baby recently?
19. Are you currently taking medication?